

**ABSTRACT**

The present invention relates to a sleeping device, such as a pillow, mattress or quilt, wherein the sleeping device is adapted to be used by a person during rest and comprises a first layer of a material having temperature regulating properties and a second layer of down filling. By using a material with  
5 temperature regulating properties together with a layer of down filling, very good properties of minimizing temperature variations are obtained.

(Fig. 1).

BEST AVAILABLE COPY